



Friendship Heights

VILLAGE NEWS

AUGUST 2016

301-656-2797

VOLUME 31, NO. 8



Village Center
Renovation Update
page 3

Protect yourself and fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Wednesday, Sept. 28, from 1 to 4 p.m.**, to anyone nine years old or older.

The flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage has four times the amount of flu virus antigens to give more protection and build greater immunity. Standard flu shots, of course, are available. Pneumonia shots



will also be available. Please specify at sign-up if you want the Fluzone HD or standard (ask your doctor if you have questions about the high dose vaccine before you sign up).

*No charge for individuals with Medicare Part B (not PPO or HMO) — but you must bring your card.

*The self-pay cost is \$30 for the

standard shots (cash or check payable to MedStar VNA Healthcare). Fluzone HD is \$65 for individuals without Medicare Part B.

Pneumonia vaccine is \$100 for Pneumovax and \$200 for Prevnar without Medicare Part B. Check with your doctor about what you need.

*VNA does not accept Medicaid or any commercial insurance plans.

Registration is a must. Call 301-656-2797 to register (by phone only until the Center reopens in September).

Village residents may register immediately; nonresidents may sign up Aug. 15. **You must have an appointment to receive a shot.**

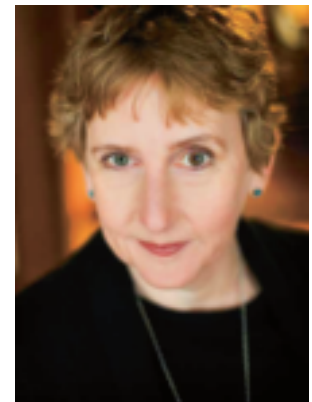
Café Muse presents...

This month's Café Muse, on **Monday, Aug. 15**, in collaboration with The Writer's Center, will feature poet/translators Nancy Naomi Carlson and Jesse Lee Kercheval, who will be introduced by poet/translator Katherine E. Young. In August, while the Village Center undergoes renovation, Café Muse will be presented at The Writer's Center, 4508 Walsh Street, off Wisconsin Avenue in Bethesda.

Nancy Naomi Carlson is a poet, translator and editor. She has published three collections of poetry translations, most recently "Calazaza's Delicious Dereliction," poems by

Suzanne Dracius. Her translation of "The Nomads, My Brothers, Go Out to Drink from the Big Dipper," poems by Abdourahman Waberi, was a finalist for the 2016 Best Translated Book Award. Ms. Carlson earned a 2014 literary translation grant from the National Endowment for the Arts. She teaches at the Bethesda Writer's Center and has earned doctorates in foreign language methodology and counselor education.

Jesse Lee Kercheval is the author of 15 books of poetry, fiction, and nonfiction, as well as a translator, specializing in Uruguayan poetry. Her translations include "Invisible



Jesse Lee Kercheval

Bridge/ El puente invisible: Selected Poems of Circe Maia." She is also the editor of "América invertida: An Anthology of Emerging Uruguayan Poets" which is forthcoming from the University of New Mexico Press. She

Continued on page 2

Café Muse, continued from page 1

is the Zona Gale Professor of English at the University of Wisconsin in Madison.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

The Word Works is a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring public programs for more than 35 years. For more information visit www.wordworkssdc.com.

Coming up Sept. 19 – back at the Village Center—poets Cheryl Clarke and Carol Jennings.

Thank You!

Our thanks to The Willoughby, The Elizabeth, 4701 Willard, 4620 N. Park and Brighton Gardens at Friendship Heights for hosting some of our programs during the renovation of the Village Center. We appreciate your help.

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Friendship Heights VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the September issue is Aug. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Center renovation progress report

The renovation of the Village Center began on July 6 and will continue through the end of August. As this goes to press, the demolition phase is nearly complete (see photos below) and work has begun on the new bathrooms. The building remains closed to the public, although staff continues to answer phones from 9 a.m. to 5 p.m., Monday through Friday. A number of activities and groups are meeting through August in other locations nearby, thanks to the cooperation of our neighboring buildings. Check pages 4-5 for a complete list.



The auditorium floor will be replaced along with the room divider and acoustical wall paneling (above and below).



Tile and carpeting have been removed from the hallways (above), and the bathrooms will be larger and more accessible (below).



Council actions at the July 11 meeting:

- Confirmed removal of fish tanks and adding shelving in the Village Center library;
- Approved use of additional wall space in the hallway for the art show following the Center renovation;
- Authorized staff to proceed with the renovation of the wall in the barbecue grill area of Page Park;
- Voted against membership in Citizens Coordinating Committee on Friendship Heights.

There will be no Council meeting in August. The next meeting will be September 12.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

NOTE: REGISTRATION FOR ALL CLASSES WILL BEGIN AFTER THE VILLAGE CENTER REOPENS IN SEPTEMBER

ART, MUSIC AND GAMES

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., Sept. 23 – Dec. 16. Bring your existing materials and paper or canvas to first class. Prior painting experience required; maximum number is 10. The cost is \$185 for residents; \$200 for nonresidents. Class will not meet on Oct. 14, Nov. 11 or 25.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, Thursdays, 6:45 to 8:45 p.m., Sept. 22 – Dec. 1. \$60 for residents; \$80 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter. Wednesdays, 1 to 3 p.m., Sept. 21— Nov. 2. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of their

model. This class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet Oct. 12.

BASIC PHOTOGRAPHY (Adults)

An 8-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Sept. 17 — Nov. 5, \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Sept. 17 – Oct. 29, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about

composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet Oct. 8.

INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Fridays, 1 to 3 p.m., Sept. 23 – Oct. 28. The instructor, Robin Dinerman, will provide games and cards. Call Robin at 301-942-0546 with questions. \$93 for residents; \$98 for nonresidents (cost includes \$9 for materials). Minimum number of students is 6; maximum is 13.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please), Sept. 22 – Dec. 1. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. The cost is \$185 for residents; \$200 for nonresidents.

EXERCISE AND FITNESS

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30

a.m., Sept. 23 – Oct. 28. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$65 for residents; \$70 for nonresidents.

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Sept. 20 – Nov. 1. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Class will not meet Oct. 4.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Sept. 21 – Nov. 2. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents. Class will not meet Oct. 5.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., Sept. 20 – Nov. 1. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. Class will not meet Oct. 25.

SKY VALLEY TAI JI (Thursdays)

A 6-week class for all levels, taught by Taj Johnson. Thursdays, 9:30 to 10:30 a.m. especially for beginners. Sept. 22 to Oct. 27. \$65 for residents; \$70 for nonresidents.

SKY VALLEY TAI JI (Tuesdays)

A 6-week class for all levels, taught by Taj Johnson. Tuesdays, 9:30 to 10:30 a.m., Sept. 20 to Oct. 25. \$65 for residents; \$70 for nonresidents.

STRENGTH TRAINING WITH TONYA

A 6-week class, Mondays, 1 to 1:50 p.m., Sept. 19 – Oct. 31. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance and overall strength. \$65 for residents; \$70 for nonresidents. Class will not meet Oct. 3.

YOGA

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga.” Sundays from 9 to 10:20 a.m., Sept. 18 – Dec. 11. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$135 for residents; \$145 for nonresidents. Class will not meet Oct. 9, Nov. 13 or 27.

ONGOING GROUPS IN AUGUST

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m. During August, the nurse will be at Brighton Gardens. Please check with the front desk; the staff will direct you to the room.

CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. The group will meet in the Willoughby party room in August. Please use the 4515 Willard entrance.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week’s performance information. Concerts will be held in Humphrey Park, weather permitting.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695. During August, the group will meet at Brighton Gardens. Please check with the front desk; the staff will direct you to the room.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension’s Senior Health Insurance Assistance Program. Due to a reduction in staff, all help is now handled on the phone. Please call 301-590-2819 and leave your name, phone number and a brief message. Your call will be returned within two days.

SCRABBLE

This group of Scrabble players meets Thursdays from 6 to 8 p.m. All are welcome. The group will meet in the west lobby of The Elizabeth on August 4 and 11.

WALKING CLUB

Leaves from the front of the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

**Don’t see your favorite activity?
All groups will be back next
month when the Village Center
reopens.**

Friendship Heights
Village Center



Calendar
of Events

2016

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10 a.m.: Great Books (at Brighton Gardens)	2 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	3 7 p.m.: Concert: Bill Thomas Blues Band	4 8:15 a.m.: Walking Club 6:15 p.m.: Scrabble (at the Elizabeth)	5 10:30 a.m.: Current Events (at the Willoughby)	6 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
7	8 10 a.m.: Great Books (at Brighton Gardens)	9 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	10 7 p.m.: Concert: Steve Williams and the Dixie Stompers	11 8:15 a.m.: Walking Club 6:15 p.m.: Scrabble (at the Elizabeth)	12 10:30 a.m.: Current Events (at the Willoughby)	13 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
14	15 10 a.m.: Great Books (at Brighton Gardens) .	16 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	17 7 p.m.: Concert: Steve Hom and Karla Chisholm Tribute to Ella Fitzgerald and Eva Cassidy	18 8:15 a.m.: Walking Club	19 10:30 a.m.: Current Events (at the Willoughby)	20 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
21	22 10 a.m.: Great Books (at Brighton Gardens) 10 a.m. - 2 p.m.: MVA Mobile Office	23 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	24 7 p.m.: Concert: Mariachis de Los Compadres	25 8:15 a.m.: Walking Club 8:00 a.m.: Depart for Rehoboth Beach	26 10:30 a.m.: Current Events (at the Willoughby)	27 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
28	29 10 a.m.: Great Books (at Brighton Gardens)	30 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	31 7 p.m.: Concert: Vocal Express			

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

The Friendship Heights Village Center is currently closed during renovations. We anticipate construction to continue through August.



Friend us!
Check out the Village Facebook page at www.facebook.com/VillageofFriendshipHeights

Save The Date

Mark your calendar and look for sign-up details in next month’s newsletter!

Friday, Sept. 30- A Day at the Races-Laurel Park

CONCERTS

Free concerts are presented Wednesdays, 7—8 p.m. in Hubert Humphrey Park in front of the Village Center, weather permitting.

Wednesday, Aug. 3— *Bill Thomas* — Bill Thomas is a roots blues musician influenced by his origins in South Texas and Appalachia. His sound is a sultry mixture of classical blues and original urban tunes.

Wednesday, Aug. 10— *Steve Williams and the Dixie Stompers*— Composed of current and former members of The United States Navy Band in Washington, D.C., the Dixie Stompers perform a mixture of Dixieland and Ragtime.

Wednesday, Aug. 17— *Steve Hom and Karla Chisholm* — Guitarist Steve Hom and vocalist Karla Chisholm present a tribute to jazz greats Ella Fitzgerald and Eva Cassidy.

Wednesday, Aug. 24— *Mariachis de Los Compadres* — Susan Jones and her talented group take you South of the Border in fine style with authentic renditions of Mexican favorites. The performance features traditional Mariachi instruments and attire. Mariachis de Los Compadres has appeared at local venues including the Mexican Cultural Institute and the John F. Kennedy Center for the Performing Arts.

Wednesday, Aug. 31— *Vocal Express* — This dynamic vocal ensemble specializes in popular music and show tunes from the mid- and late- 20th century and the Great American Songbook.



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July 4th celebration honors Village volunteers

Village of Friendship Heights Mayor Melanie Rose White presents residents Dorothy Hall, left, and Sheila Manes, with certificates recognizing their outstanding service to the Village. Ms. Hall volunteers for our weekly Tuesday Tea, and Ms. Manes leads the monthly Village Book Club.



Our Listings in the Friendship Heights Community

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5610 Wisconsin Ave. #PH-17F
\$2,495,000: 2 BR + Den, 2.5 BA, Expansive Balcony; 2,442 SqFt

5610 Wisconsin Ave. #1106
\$1,895,000: 2 BR + Den, 2.5 BA, Balcony; 2,776 SqFt

5600 Wisconsin Ave. #1402
\$1,495,000: 2 BR + Den, 2.5 BA, Balcony; 1,952 SqFt

4301 Military Rd. NW. #104
\$975,000: 2 BR, 2 BA, Private Terrace; 1,320 SqFt

FOR RENT

5630 Wisconsin Ave. #1001
\$8,900/mo: 3 BR + Den, 4.5 BA, Balcony; 3,623 SqFt

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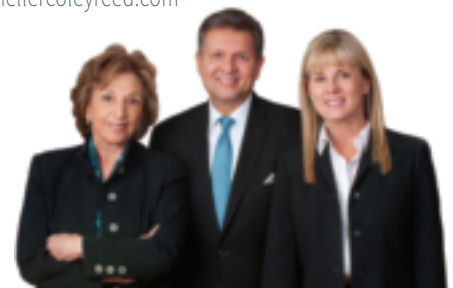
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Friendship Heights

VILLAGE NEWS

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August 2016 events calendar